

February 18, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

Please find enclosed letters from 61 people who have written to provide you with their first-hand information regarding the behavioral or other impacts of synthetic food dyes.

The Center for Science in the Public Interest (CSPI) has been contacted by over 2,000 parents who have reported adverse behavioral reactions to food dyes. We reached out to those in California, as well as some of our California members and supporters, so that you could receive information from those personally affected.

Others wrote to indicate their support for OEHHA's effort, but did not have specific information to share.

Our intent was to only provide information from persons in California affected by dyes. However, our query was passed on by others to persons outside of California. While the majority of the letters are from Californians, since people outside California also took the time to provide information, we hope you will consider it as well.

As you will see, most of the letters are from parents who provide information on how synthetic food dyes have affected their children and families. Some report effects into adulthood. Others provide a professional perspective – as dietitians, teachers, or health care providers. For example, Michelle Ridge of Placerville, CA writes,

"I have a degree in Dietetics and it took me some time to pinpoint the reactions that my children had to food additives. Fortunately I was able to identify and avoid those items, but think of the children with behavior issues that can be resolved if it is by taking out an unnecessary dye from a food."

The reactions range from mild to severe. Most report symptoms shortly after exposure, although the symptoms may last for days, and a clear change once dyes have been eliminated. For example, when Debbie Jackson's daughter first started avoiding synthetic food dyes, "her teacher commented they were glad we decided to put her on ADHD meds (but she was drug free.) Carrie Anderson of Lincoln, CA said

"When we first cut out food dyes from my adhd sons diet he was in 1st grade. We were halfway through the year and he had received negative remarks for behavior on 90% of his days at school. We did not tell the teacher that we were changing anything with his diet. The only change we made was removing artificial food dyes and within 3 days he was receiving much better remarks at school and

only receiving negative remarks about his behavior about 30% of the time. After a week the teacher told me that she was surprised at how great his behavior had changed.”

Many report how challenging it is to avoid dyes. For example, Shannon Banuelos of San Pedro, CA, whose son Marcos reacts to dyes, says

“It is incredibly difficult to find products that do not have these ingredients which makes it very time consuming to shop for groceries and it limits greatly the types of foods we can purchase. There are also many times that we find products we are comfortable with the ingredients but we cannot afford the price. We also are very limited to what restaurants we can eat at so 95% of our meals come from homemade food which is very time consuming in a household where both parents have to work 40 or more hours per week to survive financially.

“

Most strongly support warning labels or a ban on synthetic dyes.

Each person has given us their permission to share this information with you, and to be contacted for further information by CSPI. Should you wish to seek additional information from any or all of these individuals, please do not hesitate to let us know and we will pass on your request.

Sincerely,

A handwritten signature in black ink that reads "Lisa Y. Lefferts". The signature is fluid and cursive, with the first name "Lisa" being the most prominent.

Lisa Y Lefferts
Senior Scientist

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) in request to ban synthetic food dyes, or at least label them with warnings.

In general, I support banning food dyes or requiring a warning label on foods containing them because: they are not a natural substance, and people were not intended to consume other than natural substances.

Additional information I would like to share: We should be concerned about our health, the health of our children, the health of our nation as a whole. To allow any item to be added to foods for reasons that go against those concerns goes against the reason for monitoring food sold in the first place.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Laurise Michel

La Mesa, CA 919426939

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

My daughter, Amanda Ridge, has had severe reactions to Red40 since she was a toddler. She is now 18 and still cannot tolerate any foods or drinks that contain Red40.

When my daughter has Red 40, she becomes a different person. She becomes depressed, cries, and even can have thoughts of hurting herself. As a child, we learned very quickly that if a medication, beverage, or food had this dye in it, within an hour she would have a reaction.

I would characterize the reactions more severe as she got older, as she was aware of it happening, and was frustrated because there was nothing that could be done to stop the negative mental feelings until it wore off several hours later. It's difficult enough to be a teen, but to add the symptoms of the dye made it scary because they cannot control the mind and the negative thoughts.

It is extremely difficult to avoid these dyes in items. Why do companies need to put Red 40 in children cough and cold medication? In Cranberry Juice? Jams and Jelly for a sandwich? Yogurt? Sauces? The list is endless. And to find foods that do NOT have the dye, you have to go to places like Whole Foods where it cost double to purchase foods without the dyes.

I support banning food dyes or requiring a warning label on foods containing them because there are so many children and parents that do not understand how these dyes effect your child.

I have a degree in Dietetics and it took me some time to pinpoint the reactions that my children had to food additives. Fortunately I was able to identify and avoid those items, but think of the children with behavior issues that can be resolved if it is by taking out an unnecessary dye from a food.

If even one person can have a better life mentally because of this it would be worth it.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Michelle Ridge
Placerville, CA United States

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

We are writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding our experiences with exposure to and the neurological and behavioral impacts of synthetic dyes in foods, including Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3. We appreciate OEHHA's consideration of this important issue.

We have two children, born in 2008 and 2010, who are both clinically-diagnosed with ADHD, and who had been more exposed to artificial food dyes until around 2013 when we became aware of the likely links between said dyes and kids' adverse behaviors, particularly those with ADHD.

We were particularly shocked and dismayed to learn that most of these artificial dyes are BANNED in other major countries, yet not in the US - likely due to corporate interests and lobbying. And companies like Kraft Foods have long had alternative non-artificially-dyed products available in other countries, but not in the US. (Shameful.)

While we can't provide a controlled study of the effects of artificial dyes with our kids, we have certainly seen cases of exposures that led to heightened ADHD-related behaviors, such as hyperactivity, inattentiveness, and oppositional defiance. Therefore, we are confident that it is in our kids' best interest to avoid artificial dyes as much as possible.

And since it can be difficult to manage what our children are exposed to, particularly when out of the house, we strongly support banning artificial food dyes or requiring very prominent warning labels on foods containing them. This would increase education and awareness of the risks, and put pressure on food producers to change to non-artificial methods.

Thank you for the opportunity to provide information on this important issue. We appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Dan & Debbie Rosler
Pleasanton, CA 94566

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Julie McKune - self

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: red in drinks, candy, process foods, desserts

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Allergies, mild asthma, sinus irritation

Runny nose, stuffy nose, sinus infections, often sick

Examples of what happened when the person(s) described above avoided synthetic food dyes:

improved overall health, able to drastically reduce my prescribed medicines, rarely sick, stamina, more active, fewer asthma symptoms, allergies seem to fade.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: not sure

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): moderate to severe.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

somewhat difficult. If I'm away from home, I don't know ingredients.

In general, I support banning food dyes or requiring a warning label on foods containing them because: yes strong support banning dyes and all chemicals!

Additional information I would like to share: thanks

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Julie McKune
Altadena, CA 910013616

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

[I have 2 cases to share the first case is my son who at the age of 5 told us that his chest was scary and that he couldn't sit still, this was after he consumed 3 strands of Red Licorice. The pediatrician thought that it might be anxiety but that's unusual in a 5 year old. This problem repeated when ever he would have Red 2 or 5. By the age of 9 he knew what foods to avoid and could tell us that he did not like how he felt after eating the food that it made him feel like he wasn't part of himself. The second case was a patient who had been diagnosed with Moderate Anxiety Disorder by her psychologist and was on medication to treat it. However, upon driving home from the airport she had bought some Red Vines licorice. She at approximately 8 when she felt her heart race and her hands begin to shake and realized that her panic attacks were caused by the food coloring! She repeated this again only eating 3 pieces and found that to be the same problem.]

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

After avoiding food dyes both my son and my patient returned to normal with now further anxiety issues or panic attacks. Please note that my patient had been diagnosed for 10 years with anxiety disorders and was on and off 4-5 medications to treat this. The time, money and waste involved is incredible!

In my experience, after consuming food dyes, the time that it takes for reactions to occur is approximately 5-15 minutes.

I would characterize the reactions in the person(s) described above as severe)

Avoiding food dyes for children can be a challenge because it's so pervasive!

In general, I support banning food dyes or requiring a warning label on foods containing them because: It would allow parents who don't know about how it impacts their child's nervous system to avoid improper diagnosis and potentially dangerous untested drugs to be used on psychiatric disorders that don't exist!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

David Eade, DC, Bs, CSCS
Napa, CA 94558

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

To the Office of Environmental Health Hazard Assessment

I support banning food dyes or requiring a warning label on foods containing them because we have known for years that Yellow 5 and 6 as well as Red 3 are carcinogens and that other colors could be. The costs to our health far outweigh the benefits of attractive coloring.

Yellow 5 and 6 as well as Red 3 need to be banned. The others should require a warning label. For over 30 years I have carried around a list of what colors are carcinogens and what other colors could be. Most busy parents don't have time to keep track of this information so all children need to be protected.

Thank you for the opportunity to provide information on this important issue, as well as your dedication to protecting Californians.

Sincerely,

Karen Andresen
Novato, CA 94947

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: [Genevieve Fujimoto, self]

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: [I seem to be allergic all synthetic food dyes]

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: [I break into a rash]

Examples of what happened when the person(s) described above avoided synthetic food dyes: [No rash, no itch]

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: [Immediate]

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): [Between moderate and severe]

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): [Somewhat difficult, because not all food labels are plainly written]

In general, I support banning food dyes or requiring a warning label on foods containing them because: [My allergies are not severe, but some persons have dangerous reactions, and these are the persons who need very clear notice]

Additional information I would like to share: [Can't think of anything else]

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Genevieve Fujimoto
SAN FRANCISCO, CA 94114

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I'd like to see synthetic food dyes banned or a warning label required on foods containing them.

Sincerely,
Jered Cargman
Banning, CA 92220

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

My son Dean is affected by synthetic food dyes he is 6 year's old

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: all of the above

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: Dean get hyper and also angry

Examples of what happened when the person(s) described above avoided synthetic food dyes: much better kid without any

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: very quickly

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):
Moderate

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): Somewhat difficult

In general, I support banning food dyes or requiring a warning label on foods containing them because:
yes

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Richard Harcourt
Fairfield, CA 94534

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: Isabel Vancea, 14, mother (although she was affected only as a young child/toddler)

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: Red 40

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: As a very young toddler, she would have extreme tantrums and get very agitated/hyper/out of control when she had foods containing red dye 40. We noticed her extreme behavior at first when she was just a toddler, around 1 year, and my mother in law would give her pink cookies that even made her poop pink! We did not put 2 and 2 together until one Valentine's day when she was in preschool at 3 years old and she started acting "crazy" again, and I thought "she's acting like she used to act when she had those pink cookies." Then it dawned on us...PINK!! All of the snacks in preschool that day were red/pink for Valentine's day. She also had started using pink princess toothpaste and we noticed that she would tell us that her mouth was itching. We decided to avoid red dye 40 (that was what was in the pink cookies), and after that never really noticed the extreme agitation/tantrums to the same degree. Once she got older, probably 8 or 9, we relaxed the rules, and now she does not seem to be affected by the dye, although we still try to limit it.

Examples of what happened when the person(s) described above avoided synthetic food dyes:
See above.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:
Maybe 30 minutes to an hour.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): Severe when she was very young, moderate to mild as she got older.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): It was difficult when she was younger at parties and Halloween, and especially because little girls like everything "pink". Also many packaged foods like cake mixes and fruit snacks contained the dye

In general, I support banning food dyes or requiring a warning label on foods containing them because: It can be scary to see your child all of a sudden out of control, and instead of reprimanding their behavior, it would be nice to know that it might be caused by the dye. Also it seems that there would be natural alternatives (ie beet juice) that would not have the adverse effects.

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Keri Vancea
San Mateo, CA

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

Labeling would allow me, as a registered dietitian, to better counsel my patients.

Sincerely,

Vita Chirco
Seal Beach, CA 907402743

Wednesday, January 30, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Europe uses natural dyes, such as the dyes from beets and carrots, and their children seem to have a lot less allergies than we do,

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in children. One of my neighbors, Len, has to be extremely careful around red synthetic dyes, which can cause him to swell up when he has consumed foods containing the red food dye.

When Len does not ingest the synthetic dye, he is actually very bright and quite an active growing lad.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is 20 minutes.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

In general, I support banning food dyes or requiring a warning label on foods containing them because synthetic dyes just are not a healthy alternative.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

MISS EMILY SHEN
LA JOLLA, CA 92037

Thursday, January 31, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

In my experience, after consuming food dyes, the time that it takes for reactions to occur may take years as the toxins build in the system and react with other allergens in the environment.

In general, I support banning food dyes or requiring a warning label on foods containing them because: we do not know how these substances effect the human system in the long run, nor how they combine with other toxins and stress.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Kim Atkinson
Sebastopol, CA 95473

Thursday, January 31, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

As a public school teacher of decades, I've seen innumerable students and their parents tell me that they cannot handle artificially dyed foods. As a chemistry teacher who has students do research, posters, and presentations on personal chemical products, I've seen students every year focus on the artificial dyes, most often the reds. Their conclusions, based on the readily available data, is that these dyes are totally unnecessary, environmentally destructive, and harmful to human health.

In general, I support banning food dyes or requiring a warning label on foods containing them because I don't see why we should be forced to eat highly questionable petroleum products in order to promote corporate wealth.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Ellen Koivisto

San Francisco, CA 94122

Friday, February 01, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: Christopher Hoying and Kathleen Hoying, I am their parent]

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: [Both were sensitive to blue and red]

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: In general, increased activity level, and what I would call out of bounds behaviour. Not able to control themselves physically...in constant motion. The most pronounced event was a wedding reception where my son drank a blue jolt and was totally wired. There was no way he could settle down...unable to process and respond to verbal input

Examples of what happened when the person(s) described above avoided synthetic food dyes: much less volatile and erratic behaviour, although still very busy]

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: not long

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): [severe]

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): difficult..you get labelled by parents and teachers and other kids]

In general, I support banning food dyes or requiring a warning label on foods containing them because: [those sensitive to them have a right to know]

Additional information I would like to share: My son did a science project with rats learning a path through a maze and saw that drinking red and blue gatorade slowed the rats ability to learn and remember the way through the maze.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Patricia O'Neil Hoying
Manhattan Beach, CA 902667008

Friday, February 01, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (our 14 yr old son) His mother,

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) All of them

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: (severe hyperactivity, rashes, insomnia, mental foggiess and lack of focus]

Examples of what happened when the person(s) described above avoided synthetic food dyes: [calm, can sleep, decreased hyperactivity, increased clarity]

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: [within a half hour]

I would characterize the reactions in the person(s) described above as [moderate to severe]

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): [very difficult]

In general, I support banning food dyes or requiring a warning label on foods containing them because: [I can then avoid them and educate him on which foods to avoid]

Additional information I would like to share: [We noticed even as a small child his behavior and overall personality changed drastically when he ate certain foods with dyes. Teachers and caregivers also noticed a difference, when they were avoided. Why the USA cannot stop this,

when other countries realized long time ago, these dyes are severely harmful and dangerous to a growing brain in a child and it can cause left time effects on them]

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Gabriele Pierce
Newport Beach, CA

Friday, February 01, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's long overdue consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: David P. Jessop, son, DOB 8./9/1968. Through a series of tests he was also found to be lactose intolerant, but that proved to be temporary and could be dealt with by simple avoidance. By age 11 or so he no longer has a problem with milk or milk products. .

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: I do not recall the numerical designation, but his trigger was a RED dye in medications given for his frequent ear infections, fevers, or other repetitive ills.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: He suffered extreme stress and classic hyperactive behavior and anxiety symptoms and was left between having difficulty breathing and no healing without medication or feeling severe anxiety and other stresses with it.

Examples of what happened when the person(s) described above avoided synthetic food dyes: gasping for breath, difficulty sleeping, feeling fearful: In my experience, after consuming food dyes, the time that it takes for reactions to occur was almost immediate; breathing became easier but his heart raced and he became anxious and hyperactive.

I would characterize the reactions in the person described above as severe.

I would characterize the difficulty for the person described above in avoiding synthetic food dyes as manageable. We avoided trigger foodstuffs and he became self-medicating at the age of 5. By this I mean that he decided when he could no longer tolerate the breathing difficulties or fever and consented to take the medication that took care of those problems but caused the nervousness and severe anxiety.

In general, I support banning food dyes or requiring a warning label on foods containing them because parents of children and patients should know the potential for adverse reactions as well as the potential benefits and be better able to make informed choices.

Additional information I would like to share: All of this is far in the past. My son is now 50 and has NO apparent allergies at all and is strong and healthy.. But when he was a frail 5-year old it was a major concern and there was little knowledge beyond vague suspicions. At that time there was an organization that advocated for such children called CANHC or the California Association for the Neurologically Handicapped Child, and they helped me to search solutions. I found a small pharmaceutical company in Texas that produced appropriate medications with NO pretty coloring and NO nice tasty sugar syrups. It was just the medication and came with only cloves or cinnamon to disguise the nasty tastes and was to be taken in very small doses, as the deduction of the syrup did not leave much in volume. My son assured me it WAS nasty to take, but it did the job and I gave it to him only when he asked for it. There was no temptation to overdose, as the vile taste guaranteed that it would never be taken unless absolutely necessary.

I do not recall the name of the company and do not have any records of it, as it was well before the days of computers. It was my understanding that the owner's grandson had similar problems, and he produces the dye-and-sugar-free meds as a public service to help others like his own grandson. I am forever thankful for the assistance I received in the attempt to keep my child alive until he outgrew the problems, which fortunately he did. But it was not easy...and evidently still is not.

I mail ordered the medication and it arrived in tiny plastic screw-topped vials. It was inexpensive and it did the job, relieving both the breathing difficulties and the attendant fevers. But I repeat; it was pure medication with NO pretty colors and NO tasty syrups. And it WORKED!

I would greatly appreciate two things: 1) a copy of this letter as I do not know how to save it, and 2) a follow-up telling me just what you intend to do with the information.

If it truly is needed to help and protect our children I am just sorry that it has taken anybody so long to ASK. There is a big difference between a frail child of 5 who is sick most of the time and a strong and healthy man of 50! WHY did it take so long???

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Patricia O'Reilly
La Mesa, CA 91942

Monday, February 04, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: I do not know any person affected by synthetic food dyes.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Examples of what happened when the person(s) described above avoided synthetic food dyes:

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

In general, I support banning food dyes or requiring a warning label on foods containing them because: I am trying NOT to eat any foods containing synthetic food dyes for my own health. That is why I quit eating my favorite candy peanut and peanut butter M&M's.

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Michael Hartmann
SAN DIEGO, CA 92120-1609

Sunday, February 03, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to express my strong concern regarding exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue. I don't have a personal experience to share regarding a reaction to synthetic food dyes like Red 40, Yellow 5, Yellow 6, or other numbered dyes, nor do I know of anyone who has had an adverse reaction to the aforementioned dyes.

Neither children, nor adults, require synthetic dyes in our foods. These dyes do nothing to improve the nutritional value of our foods. It's all about advertising and marketing to play upon the visual appeal to consumers. It's unconscionable that children and their parents are manipulated to sell a product by using these color dyes.

After searching for reasons as to why these synthetic additives are used in the first place, I found the following information:

Synthetic color additives are used in foods for many reasons including:

- To make food more attractive, appealing, appetizing, and informative
- Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions
- Correct natural variations in color
- Enhance colors that occur naturally
- Provide color to colorless and "fun" foods
- Allow consumers to identify products on sight, like candy flavors

Synthetically produced food dyes are used widely because they impart an intense, uniform color, are less expensive, and blend more easily to create a variety of hues.

This once again is to sell a product based on visual appeal to consumers.

Please BAN ALL these synthetic colors, or at the very least, add a Warning Label so that consumers, especially parents, are able to make informed decisions regarding their food purchases.

Sincerely,

Susan Cahill
12215 Brickellia St.
San Diego, CA 92129

Tuesday, February 05, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: [Eric Small, age 85, my son Trevor, age 48. We both over the years have been very sensitive to synthetic dyes. Headaches, running nose, and limited blurring vision, lasting several hours.]

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes

Examples of what happened when the person(s) described above avoided synthetic food dyes: [All reactions disappeared. We became very careful readers of food labels.]

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: [usually shortly after eating foods that contained synthetic dyes.]

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): [mild to moderate]

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): [not difficult]

In general, I support banning food dyes or requiring a warning label on foods containing them because: [Our body systems should not be ingesting synthetic dyes.]

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect California families and their children.

Sincerely,

Eric Small
Santa Barbara, CA 93108

Wednesday, February 06, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

My two youngest children, Colby, 12, and Keely, 9, are both affected by artificial food colorings that cause them to experience a whole host of horrific health issues at once. This includes severe reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. However, red and yellow tend to be the most caustic and render them ill for several days at a time should the colors be accidentally ingested.

Examples of what happened when the Colby and Keely consumed foods containing synthetic food dyes include headaches, abdominal cramping, nausea, vomiting, diarrhea, and severe lethargy all at once that lasts an average of three to five days. In fact, my son, Colby, went undiagnosed until the age of five, and even then, confirming that it was color was a very drawn out and heartbreaking process. Once that left him weighing a mere 23 pounds upon entering kindergarten. At times, the pain in abdomen was so bad that he would curl up on the floor and beg God to spare his life. It was that bad. So once we figured out his sensitivities with a doctor, we immediately removed colorings from his younger sister's diet since she too was exhibiting similar symptoms.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is just a few hours. Sometimes, the reaction comes on within 20-40 minutes, but we have been able to limit or eliminate exposure by only eating foods we have thoroughly investigated or made ourselves.

I would characterize the reactions in my children described as severe, sometimes resulting with medical intervention for pain, dehydration, and at one point, a complete reset of my son's gut bacteria that took several months.

I would characterize the difficulty for Colby and Keely described above is avoiding synthetic food dyes in everyday food items, which is fortunately getting easier as more manufacturers

remove these caustic dyes from their products. However, the biggest issue I see is other parents thinking my children are lying about their sensitivity and accidentally making them ill by failing to check ingredients or straight out lying to them about whether a food item contains artificial dyes. That and being able to dine out as a family - we simply can't risk it most of the time.

For the reasons stated above, I wholeheartedly support banning artificial food dyes or requiring a warning label on foods containing them because our bodies are not made to process and ingest the amount of chemicals that artificial dyes contain. So many people blame gluten, lactose and other undiagnosed issues, but truly, I think most kids have issues with their bodies processing and breaking down the amount of dyes they eat throughout the week.

This has got to stop. Our food manufacturers produce products that ship to Europe that do not contain dye, yet the other side of the factory pushes out dyed food to be sold in America. It's outrageous. I firmly believe the rise in food sensitivities and allergies stems from artificial dyes, for which no test exists to diagnose it. It's a trial by fire.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect California families and their children.

Sincerely,

PATRICIA JURIC
26072 Avenida Bonachon
Mission Viejo, CA 92691

Wednesday, February 06, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: Ben Kimble, 14, my son.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: All of the above.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: When Ben was about five years old we realized that artificial colors in food were causing his terrible behavior and mood swings. They cause anger, inability to cope with day to day life, inability to focus, eye teaming issues, lack of coordination, impulsiveness, total resistance to discipline or rewards, tics such as a high-pitched scream, inability to get along with other children, etc.

Examples of what happened when the person(s) described above avoided synthetic food dyes: Since we eliminated all artificial colors and flavors, Ben has been an entirely new child. Within three days he was able to calmly play with legos for HOURS on end! His school work improved, his relationships with other kids improved, we no longer had meltdowns and tantrums, he responded to discipline and rewards, he could control his impulsive behavior, he slept better.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: Less than 10-15 minutes, and reactions can last 24 hours or longer.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): Severe.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): It's getting easier as food companies realize we don't want those products in our food any longer. However most families don't know the dyes are causing the behavior issues in their children and/or can't afford or don't have access to the all-natural versions.

In general, I support banning food dyes or requiring a warning label on foods containing them because: They are absolutely devastating on the kids that have sensitivities to them, both academically, socially and in their families.

Additional information I would like to share: Artificial flavors and preservatives are also a serious problem, in addition to the dyes.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect California families and their children.,

Sincerely,

Dina Kimble
9360 Magos Road
Wilton, CA 95693

February 4, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Annika, my daughter, age 10

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

She is triggered by all artificial food dyes

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

She loses total control of her emotions. Sometimes she cries, sometimes it's tantrums.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Her entire personality changed and she was able to control her emotions.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Minutes

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

We avoid all dyes at home, but it's not easy to do that at school or other people's homes. Peer pressure now plays a part and as she gets older she makes her own food choices. She hates how she feels after she eats the dyes, though, so she rarely "cheats".

In general, I support banning food dyes or requiring a warning label on foods containing them because:

They are toxic to children's systems

Additional information I would like to share:

I fully support a ban on all artificial food dyes.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Tara Overson Stepper
Manhattan Beach, CA 90266

February 4, 2019

Office of Environmental Health Hazard Assessment (OEHHA)

1515 Clay Street, 16th Floor

Oakland, CA 94612

Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

my son becomes hyper and aggressive and disregulated

Examples of what happened when the person(s) described above avoided synthetic food dyes:

They are calmer and more in control

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

15 min - an hour and can last up to 3 days

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

very difficult because we have to research everything before we let him have it.

Especially when we are at a restaurant or someone's house

In general, I support banning food dyes or requiring a warning label on foods containing them because:

They are dangerous and unnecessary

Additional information I would like to share:

There are many different ways to naturally color foods without using synthetic dyes

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Lisa Telepman
San Diego, CA 92105

Sent from my iPhone

February 5, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

In general, I support banning food dyes or requiring a warning label on foods containing them because the data shows that for a certain part of the population, they react horribly to these dyes. The fact that the United States lags in banning these dyes, compared to other developed nations (EU, etc.,) is a testament to how much power our food and gas lobby have over our legislators.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Alicia diVittorio
San Rafael, CA 94901

February 5, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

My son, Aidan Anderson, age 7

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All of them trigger a reaction but the worst are Red40, Red3, and all of the blues

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

With the red dyes his hyperactivity and impulsivity increases to an alarming degree. The blues and some yellows tend to make him get angry easier and have emotional outbursts where he can't handle his emotions.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

His energy, hyperactivity, impulsiveness, and emotional regulation leveled out significantly.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

within a couple hours for onset of reaction, but can last up to 3 days

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Moderate

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Very difficult all school functions and school lunches have food that contains dyes. It is also in many normal grocery products and fruit juices.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

I believe that they are a danger to everyone. I also believe synthetic food dyes affect every child's behavior to some degree.

Additional information I would like to share:

When we first cut out food dyes from my ADHD son's diet he was in 1st grade. We were halfway through the year and he had received negative remarks for behavior on 90% of his days at school. We did not tell the teacher that we were changing anything with his diet. The only change we made was removing artificial food dyes and within 3 days he was receiving much better remarks at school and only receiving negative remarks about his behavior about 30% of the time. After a week the teacher told me that she was surprised at how great his behavior had changed.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Carrie Anderson
Lincoln, CA 95648

February 5, 2019

Office of Environmental Health Hazard Assessment (OEHHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Both of my children, who are now in their 20s.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

My daughter goes Berserk with Red 40...but the rest are just toxin poisons. My son has NEVER been able to tolerate ANYthing artificial. Reactions.: out of control, bouncing off the walls, meltdowns, crying, feeling ill, unable to focus and more.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

See above

Examples of what happened when the person(s) described above avoided synthetic food dyes:

When avoiding...they became A students, they could sit still, focus, feel well and thrive!

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

With my daughter it was within hours. With my son, sometimes it would take 3 days and then 3 days to get rid of it in his system and become ok again.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Moderate to Severe.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

My children stopped eating and being involved with artificial dyes many years ago. Extremely easy to avoid! (Not difficult at all---I do not buy food from typical grocery stores)

In general, I support banning food dyes or requiring a warning label on foods containing them because:

They destroy lives. They are dangerous and hurtful and not needed in ANY food. Children are punished by ignorant parents and teachers for something they cannot control. I have researched 100s, if not 1000s of children for my book and for many things that I write. The damage is real and severe in these children and adults bodies.

Additional information I would like to share:

I am also a teacher and see what artificial dyes does to children. They can't sit still, they can't behave, they can't focus, they can't do well in school. These foods and beverages are everywhere in America. Other countries use fruits and veggies for all dyes....The US needs to do this. Please help get dye's out of foods and products!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Ms. Barrie Silberberg

View my web sites at : www.puttingyourkidsfirst.com and
Be a FAN on FACEBOOK @

The Autism & ADHD Diet Book by Barrie Silberberg

See my TV interviews (3 parts) on Lifestyle Magazine:

https://www.youtube.com/watch?v=KFGwEa_-O1Q&t=2s

<https://www.youtube.com/watch?v=6MXcInD24Xk>

https://www.youtube.com/watch?v=V9rrf_fEhew

February 6, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

My Son Marcos who is 7 years old.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All of the above

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

unable to focus in school or when completing tasks, hyper activity, negative emotional changes, heightened emotions, night terrors and hard time falling asleep, skin rashes, obsessive talking, hand twitches, ect.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Energetic in a positive way, happy, very social, sleeps well, more able to complete tasks and focus for better amounts of time, more confident and comfortable with self

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Same day but usually within a few hours and the reaction can last for days

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

It is incredibly difficult to find products that do not have these ingredients which makes it very time consuming to shop for groceries and it limits greatly the types of foods we can purchase. There are also many times that we find products we are comfortable with the ingredients but we cannot afford the price. We also are very limited to what restaurants we can eat at so 95% of our meals come from homemade food which is very time consuming in a household where both parents have to work 40 or more hours per week to survive financially.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

They are linked to creating negative behaviors and reactions in people, they are linked to causing health problems, and why it is necessary for people to have to consume these unneeded ingredients in food so that food look prettier. People should not be forced to ingest artificial ingredients that are causing problems for them when they cannot afford the products without these artificial ingredients.

Additional information I would like to share:

Today's reality is that many people are seeing reactions from these ingredients in their food and it is time that we have the right to say it is not allowed in our food. It is also a reality that many people in this country are not getting access to proper medical care and they should not also have to worry about medical issues from the artificial ingredients that are being added into their foods. Everyone should have access to get food that does not cause them mental turmoil or health related issues. I would also like to point out that the number of children in this country diagnosed with learning disabilities each year continues to grow and the side effects that I have personally seen from these ingredients only makes it extremely harder for these children to learn and function in our society and it is not fair or just.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Shannon Banuelos
San Pedro, CA 90732

February 7, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

My daughter, age 5 when we began avoiding dyes, now 33

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All those commonly used in foods from 1990 on. Not familiar with Orange B.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Hyperactivity, inability to focus on schoolwork, impulsivity. Diagnosed ADHD with learning disabilities in 1989.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Her teacher commented they were glad we decided to put her on ADHD meds (but she was drug free). Obeyed rules we thought she never learned because she didn't obey before.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Usually within a couple of hours

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Severe. My daughter had one of the worst cases the diagnosing psychiatrist had ever seen.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Easy at home, more challenging at school.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

I believe they are harmful to all of us. I still avoid them even though I was never diagnosed with anything.

Additional information I would like to share:

I was at one time President of the Feingold Assn. of the Bay Area. 50% of our members renewed. Why would they do this unless the program was helping??

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Debbie Jackson
Alpine, CA 91901

February 7, 2019

Office of Environmental Health Hazard Assessment (OEHHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Bruce Kinley, my son! (now 42, but affected all of his childhood)

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

Red 40 & Yellow 5

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Red caused terrible hyperactivity. Could not sit still in class, or anywhere. Yellow caused horrible crankiness. Nothing would cheer him up.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

After a week without either, he was calm, happy, and did very well in school. Ability to concentrate and learn. Well adjusted.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:
from 2 to 5 hours

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):
severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

VERY DIFFICULT. The dye is in so many foods, it took 2 hours to grocery shop, reading every label. it is in things that do NOT need it.

In general, I support banning food dyes or requiring a warning label on foods containing them because: **These chemicals are affecting the brains of growing children. To alter their behavior this drastically is changing reactions in their brains.**

Additional information I would like to share:

I was lucky to discover this by catching a lecture **when he was 2 or 3. 1979 +-.** Avoiding the dyes was an astounding difference. I could always tell when someone gave him something with

coloring. I would warn other moms to avoid it, but when he came home, they would say, "you were right! Sorry" as he bounced off the walls.

His teacher complained to me that he was good in the morning but awful after lunch. Turns out, in spite of my warnings, he was getting RED JELLO for lunch, in grade school. Some people blamed this on sugar, but this is different. Sugar wears off in a few hours. Dyes take a full week to totally clear from the brain. and it takes a week to realize it's really true, when you delete dyes from the diet.

PLEASE, after FORTY years of fighting this, PLEASE PLEASE pay attention and save our children.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

S Joan Bivin
Oceanside, CA 92056

February 7, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of Synthetic Food Dyes

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Trevor Nelson, 25, son
Laura Nelson, 61 (self)

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

ALL of them

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Trevor: Marked hyperactivity, impulsive and compulsive actions, emotional problems, short attention span, poor hand-eye coordination, difficulties writing, auditory and visual processing problems, sleep disturbances, some physical complaints

Laura: Marked hyperactivity, impulsive and compulsive actions, emotional problems, interpersonal problems, short attention span

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Nearly all things listed above disappeared

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Less than 5 minutes

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **Moderate**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Somewhat difficult but absolutely necessary

In general, I support banning food dyes or requiring a warning label on foods containing them because:

Our whole lives have changed for the better, we are very healthy and rarely sick

Additional information I would like to share:

Please see attachment. Without changing Trevor's diet, he would not be as healthy as he is and probably not have graduated from high school.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

**Laura Nelson
Pismo Beach, CA 93449**



The Feingold® Association of the United States Symptom Checklist

Trevor
June 14,

Individuals who are likely to respond to the Feingold Program have often been labeled with hyperactivity, ADD (attention deficit disorder), autism, PDD (pervasive developmental disorder), or salicylate sensitivity. The following symptoms are not to be considered abnormal—many people exhibit some of them at times. However, a truly chemically sensitive person will display more of them more frequently and to more of an extreme than the average person.

Characteristic exhibited:

Behavior Concerns

MARKED HYPERACTIVITY

- Constant motion
Running instead of walking
Inability to sit still
Inappropriate wiggling of legs/ hands

Tommy
and
Trevor
TNT
Laluna
Jim
J

Before
Program

4 Weeks
on Program

6 Months
on Program

IMPULSIVE ACTIONS

- Disruptive behavior/ Disturbs others
Unresponsiveness to discipline
Unkindness to pets
Poor self-control
Destructive behaviors: throws, breaks things
Unpredictable behavior
Inappropriate noises
Excessive talking
Loud talking
Interrupts often
Abusive behavior
Little or no recognition of danger to self

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COMPULSIVE ACTIONS

- Aggression
Perseveration/ Repeating of an activity
Touching
Workaholic habits
Chewing on clothing, other objects
Scratching, biting & picking at skin

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EMOTIONAL CONCERNS

- Low frustration tolerance
Overreaction to touch, pain, sound, lights
Depression
Frequent crying
Demands immediate attention
Irritability
Panics easily
Nervousness
Low self-esteem
Mood swings
Suicidal thoughts

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Characteristic exhibited:

Before
Program4 Weeks
on Program6 Months
on Program**Learning/ Developmental Difficulties****SHORT ATTENTION SPAN**

Impatience

✓ ✓ ✓

 $\frac{1}{2}$

-

Distraction

✓ ✓ ✓

 $\frac{1}{2}$ $\frac{1}{4}$

Failure to complete projects

✓ ✓ ✓

 $\frac{1}{2}$ $\frac{1}{4}$

Inability to listen to whole story

✓ ✓ ✓

✓

 $\frac{1}{4}$

Inability to follow directions

✓ ✓ ✓

✓

 $\frac{1}{4}$ **NEURO-MUSCULAR INVOLVEMENT**

Accident proneness

✓ ✓ ✓

-

-

Poor muscle coordination

✓ ✓ ✓

-

-

Poor eye-hand coordination

✓ ✓ ✓

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Difficulty writing and drawing

✓ ✓ ✓

 $\frac{1}{2}$ $\frac{1}{2}$

Disgraphia

Dyslexia/ reading problems

✓ ✓ ✓

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Speech difficulties/delays

✓ ✓ ✓

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Difficulty with playground activities, sports

✓ ✓ ✓

-

-

Eye-muscle disorder (nystagmus, strabismus)

✓ ✓ ✓

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-

Tics

✓ ✓ ✓

-

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Seizures-- some forms

✓ ✓ ✓

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COGNITIVE AND PERCEPTUAL DISTURBANCES

Auditory processing problems (difficulty remembering what is heard)

✓ ✓ ✓

 $\frac{1}{2}$

-

Visual processing problems (difficulty remembering what is seen)

✓ ✓ ✓

 $\frac{1}{2}$

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Difficulty in comprehension and short term memory

✓ ✓ ✓

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Disturbance in spatial orientation (up-down; right-left)

✓ ✓ ✓

-

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Difficulties in reasoning (simple math problems, meaning in words)

✓ ✓ ✓

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normal

Health/Physical Complaints**SLEEP DISTURBANCES**

Resistance to going to bed

✓ ✓ ✓

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Difficulty falling asleep

✓ ✓ ✓

-

-

Restless/erratic sleep

✓ ✓ ✓

-

-

Nightmares, bad dreams

✓ ✓ ✓

-

-

normal

FREQUENT PHYSICAL COMPLAINTS

Ear infections

✓ ✓ ✓

-

-

Asthma

✓ ✓ ✓

-

-

Bed wetting

✓ ✓ ✓

-

-

Daytime wetting

✓ ✓ ✓

-

-

Stomachaches

✓ ✓ ✓

-

-

Headaches

✓ ✓ ✓

-

-

Hives or rashes

✓ ✓ ✓

-

-

Leg aches

✓ ✓ ✓

-

-

Constipation, diarrhea

✓ ✓ ✓

-

-

Congestion

✓ ✓ ✓

-

-

normal

For additional information and assistance, contact the Feingold Association of the United States
127 East Main Street, Suite 106 • Riverhead NY 11901 • (631) 369-9340

February 14, 2019

Office of Environmental Health Hazard Assessment (OEHHA)
1515 Clay Street, 16th Floor
Oakland, CA 94612
Attention: Anna Smith, Food Dye Study

Re: Request for Information on the Neurologic and Neurobehavioral Impacts of
Synthetic Food Dyes

Dear Ms. Smith:

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes:

- (1) Son Jeff, now 51: At age 7 we discovered sensitivity to all dyes. Jeff was very depressed ["I have never been happy a day in my life!"], would fall apart if anything went wrong [like a Lego project not working] and extremely clumsy. He seemed like a tightly wound bundle that would explode over nothing. He could not bounce a ball and catch it. He bumped into things and fell down all the time. He was crying in school all day, causing his teacher to suggest we bring him to see a psychiatrist. Within 4 days of avoiding dyes, he was relaxed and happy. It was like someone had let the air out of a too-full balloon. My own brother who hadn't seen him in a couple of months asked me what I had "done to him." He thought I had drugged him! Actually, the dyes had been drugging him! [And believe me, he didn't get many dyes in the first place, except from Crest Toothpaste.] The Feingold Diet saved his life.
- (2) Daughter Kristi, now 49: Throughout her childhood, if she accidentally ate any food dyes, she would go into mild shock and be unable to function. She is still very sensitive today. As a teenager, she was at a friend's house for dinner on his birthday. His mom had made a birthday cake and, since it was chocolate she assumed it would be OK. Turned out his mom had used a chocolate cake mix [yellow #5] and added a packaged pudding to the batter [more colors!]. She was totally groggy and laying on the couch when the mom called me in a panic.
- (3) Granddaughter Cinna, now 17: When she was about 7, she begged her mom to let her just take one bite of a gummy bear bracelet she had gotten on Halloween. She ate some and spent the rest of the day flying/spinning around the house, talking fast and incessantly, and crying about nothing. When she was 10 and had been attending a Davidson School conference [for the extremely gifted], she had a total panic attack on the way home. She was crying hysterically, couldn't speak without stuttering, couldn't sleep, was hyperventilating and almost passing out, and so on. The pediatrician told my daughter-in-law to take her to a psychiatrist. I told her that she would be fine in four days – and she was! When I spoke with Cinna a week later, I asked her if she had eaten anything unusual while at the conference. She replied that maybe it was the little green candies one of the other kids had given her. Bingo!

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: Typically just a few hours.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as somewhat difficult. But, given the terrible reactions, worth the effort. Besides there are many foods available now without dyes and other harmful additives. Just shop at Whole Foods!

In general, I support banning food dyes, or requiring a warning label on foods containing them, because NO ONE SHOULD BE EATING THEM, ever! There is so much research after decades of scientific study showing the harm they cause [from cancer to learning disabilities to behavior problems], there is no reason not to ban these dyes. A warning label is the least that should be done.

Additional information I would like to share: I find it infuriating that major US companies "clean up" their food products to sell in Europe [where these dyes are banned or require labels], but continue to feed these poisons to their fellow citizens. They should make M&Ms and Happy Meals without harmful dyes for their fellow Americans!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect families and their children.

Sincerely,

Ellen Dale
Orinda, CA 94563

Note: Our intent was to only provide letters from persons in California affected by dyes. However, our query was passed on by others to persons outside of California. Since people took the time to provide information, we hope you will consider it.

February 4, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Alexa slencer, 7, mother

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **Red 40, Red 3**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

- **Uncontrollable behavior/self control such as major meltdowns and screaming**
- **Heightened hyperactivity**
- **Heightened impulsivity**

Examples of what happened when the person(s) described above avoided synthetic food dyes:

- **No major meltdowns**
- **Less hyperactivity**
- **Less impulsivity**

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **Less than 30 minutes**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **Severe**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Somewhat difficult to avoid, but only being 7 years old and not being able to have the same treats as her friends is extremely difficult.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

I have spent years in therapy with my daughter. If I could help a family learn quickly and easily what it took me years to learn, it would be worth it. My daughter had uncontrollable meltdowns, sometimes lasting for 6 hours everyday until we starting deleting dyes from her diet.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Katie Moskala
Abingdon, MD

February 4, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: **42-year old son**

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **Not sure – we eliminated all of them on the Feingold Diet.**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: **He would lose his temper. Not him, but his Framingham, Massachusetts middle school used to have the kids do a science experiment using 64 m&m candies. The day of the experiment, there would be fights after school – bad enough that police were called several years in a row. I suggested they use coins instead, and the fights stopped. I'm glad the kids didn't carry guns or other weapons!**

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **It was on-going, and would last at least a week. Of course, before we got him on the diet, he'd still be reacting to one dose when he'd eat more.**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **The severity was because it was relentless. He lost a friend over an ice cream sundae that had a red cherry on top because he got so angry.**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): **It was a lot easier to control what went into his mouth than what came out of it!**

In general, I support banning food dyes or requiring a warning label on foods containing them because: **I think a total ban of food dyes would make this a kinder, gentler nation.**

Additional information I would like to share: **He doesn't want people to know this about himself, because he has it under control with an elimination diet, and he would be unfairly stigmatized. He is now happily married with two children and a steady job.**

Artificial colors are not the only problem. Artificial flavors also cause similar reactions, and any testing you do needs to take this into account. The Feingold diet also eliminates salicylates for the same reason. See their web site for more complete information: www.feingold.org.

Thank you for doing this study. It is so important to get this right!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Alice McDonald
White River Junction, Vermont 05001

February 4, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Porter Hart (age:3.5), mother

Myers Hart (age:2), mother

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

When either of my children consume artificial dyes they become highly aggressive, act out, have emotional meltdowns, trouble sleeping, decline in speech and focus.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Within two weeks of removing artificial dyes my children are sleeping well with little to no emotional meltdowns. My 3.5 son that was almost non-verbal when consuming artificial dyes has begun to speak again.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Small reactions occur with my children within four hours. Sleeplessness and lack of focus occur within 8 hours.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Porter-Severe

Myers- moderate

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Avoiding synthetic dyes is very difficult because we live in a small town that has little access to "Whole Foods" or "Aldi" markets that support the dye free movement. You must be savvy in FD&C wording because packages label them differently.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

Six months ago my perfectly healthy 3 year old became almost non-verbal. He stopped making eye contact. He would have emotional meltdowns every single day, multiple times a day. After meeting with our pediatrician he suggested the removal of artificial dyes. Within days our son was talking, laughing, and a more calmer child. I fully support either banning (preferred) or labeling food that contains artificial dye to inform parents of the choices that they are making. I also believe that by mandating a label, more companies would find natural, alternative ways to color their food/bath products which would give parents a choice when shopping for their family.

Additional information I would like to share:

Since dye removal in our household, both of my children have accidentally consumed artificial dye. This has confirmed that their behavior and overall well-being is greatly impacted by artificial dyes.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Lindsey Hart
Moultrie, Georgia 31788

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: EMOTIONALLY IMBALANCED, BRAIN FOG, UNABLE TO THINK/LEARN, IRRITABLE AROUND OTHERS

Examples of what happened when the person(s) described above avoided synthetic food dyes: LOVING AND KIND TO SELF AND OTHERS, EXCELS AND WORK AND PLAY, CLEAR HEADED

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: IMMEDIATE TO 24 HOURS

I would characterize the reactions in the person(s) described above as (*e.g.*, mild, moderate, severe): MODERATE-SEVERE

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as: SOMEWHAT DIFFICULT ESPECIALLY WHEN EATING OUT WITH OTHERS

In general, I support banning food dyes or requiring a warning label on foods containing them because: IT IS IMPERATIVE THAT FOOD DYES ARE AVOIDED IN ORDER TO LIVE A QUALITY LIFE NOT ONLY FOR THOSE WHO SUFFER REACTIONS BUT ALSO FOR THOSE THAT HAVE LESS NOTICEABLE REACTIONS AS FOOD DYES CAN CONTRIBUTE TO IMBALANCES TO ANY BODILY FUNCTION AND LEAD TO ILLNESS AND INJURY.

Additional information I would like to share:

I HAVE SEEN MILD, MODERATE AND SEVERE REACTIONS IN MY OWN CHILDREN, THIER PEERS AS WELL AS FAMILY FRIENDS AND ACQUAINTANCES.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Kelly Petras
Yoakum, TX 77995

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: Cameron Sarasin, 11, he is my son! Also myself Kristina Treantafel, 31.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: ALL!!!!

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Extreme anxiety, hyperactivity, anger, aggression.

For my son I noticed a reaction to these dyes when he was around 5. He got kicked out of his kindergarten class room for being aggressive towards peers and teachers, he would kick, hit, punch, slap, scratch, and hurt in anyway possible anyone who got in his way. He would flip desks, chairs, tables, ect when he was angry. His brain could not slow down and think. He would run around the classroom and would runaway from his teachers. Eventually the schools found a program for my son in a social, emotional, behavioral program. Over the years he avoided these dyes among other triggers for Cameron and he's doing wonderfully and thriving in his school setting. Next year for 6th grade he will be out of the social, emotional, behavior classroom and just in a class for children with academic difficulties.

For myself, when I consume dyes I feel extremely anxious and overwhelmed. I will get angry at the silliest things. Overall I feel an overwhelming feeling of my brain being over active and it's hard for me to slow it down and think. It feels like I'm on a speed mode.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

When we both avoid those dyes we have no symptoms of what's described above!!!

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

The very next day for myself and for my son it's almost instantly!

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

very difficult we read every single label.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

Food dyes are poison in my opinion. If you look at a numerous amount of kids products out there, they are all brightly colored and enticing to the child. These products are making our children extremely emotional and hyperactive among other harmful ingredients. In my opinion, I have noticed a rise in the amount of children effected by these dyes due to being chemically sensitive. My sons social, emotional, and behavioral program has grown increasingly over the past 5 years of him being it in. I believe this is due to those children being chemically sensitive to dyes.

Additional information I would like to share:

It is no secret that in European countries food dyes are actually banned...there is a reason for this!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect families and their children.

Sincerely,

Kristina Treantafel
Plymouth, MA 02360

Sent from my iPhone

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

All 4 of my children (by birth) are affected by food dyes, some more than others: Paul, 15; Ryan, 13; Alora, 11; Autumn, 7

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All of them for the first 3 children. It's hard to separate for the youngest.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Paul: trouble staying on task, impulsive, grades drop at least one letter grade, acts about 5 years younger, loses emotional control and filters on speech, acts and speaks inappropriately, starts nervous ticks that last for weeks or months such as frequent eyebrow raising or jaw stretching, skin scratching (with no itchiness but continuing when bleeding and scabs are present). Ryan: trouble focusing and staying on task, more impulsive, trouble sitting still. Alora: hyperactivity, more impulsive, trouble learning. Autumn: loss of emotional control (tantrums).

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Paul: calm, focused, socially appropriate, A student. Ryan: focuses on schoolwork, A student. Alora: calm and socially appropriate, A student. Autumn: few tantrums, quickly ended when they occur.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: 3 days, unless another dye is consumed, which is common due to impulsivity from the reaction.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Paul: severe. Ryan and Alora: moderate. Autumn: mild

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): Paul, Ryan and Alora: difficult. Autumn doesn't avoid them.

In general, I support banning food dyes or requiring a warning label on foods containing them because: It's hard to figure out which products have them and which don't when they can be hidden inside other ingredients like nitrates. With a warning label, maybe fewer people would pressure my children to consume them.

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Solana Morris
Vero Beach FL 32960

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: **Logan Norris, age 7, my son**

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **The most obvious reactions come from Red 40. The Blue 1 & 2 and Yellow 5 & 6 also cause reactions.**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: **He has extreme difficulty focusing, becomes defiant and very angry over minor things (throws things, talks of hurting others, he one time over turned an entire classroom of chairs in preschool).**

Examples of what happened when the person(s) described above avoided synthetic food dyes: **When we avoid synthetic food dyes he is calm and loving. He does not get uncontrollably angry when told no or redirected. He is able to play or read, focused on one task for a longer stretch of time.**

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **Anywhere from between a few minutes to a few hours, but always within the same day and it can take up to a week to get over.**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **Severe**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): **Very difficult, especially at his age. He has realized how the dyes make him feel and knows it is best to avoid them. However, when his peers are given brightly covered candy and treats that he cannot have it is very difficult for him. As parents, we have to work very hard to always keep dye-free treats he can have with us to "trade" or substitute. It is not always easy to find substitutes, we often have to order them on-line or find a specialty store.**

In general, I support banning food dyes or requiring a warning label on foods containing them because: **I believe the high numbers of ADHD and other mental health issues is directly related to what we put in our bodies. Consuming large amounts of food made with chemicals/petroleum are having a significant impact on the health of our nation.**

Additional information I would like to share:

I used to be one of those people who rolled my eyes at others who made a big deal about not eating artificial dyes or preservatives. Then, when my son was three we started having odd behavior issues with him which continued to escalate as he got older. I saw we were quickly approaching an ADHD diagnosis or some type of diagnosis requiring medicine. I did not want my son to be taking medicines with definite side-effects at such a young age. I began

researching other ways to deal with what was going on and discovered a diet that removed all artificial ingredients (dyes, preservatives and flavorings). After a few weeks of changing his diet and getting all the chemicals flushed out of his system, my son became an entirely different child. He was enjoyable to be around again! After a few months family members who were at first skeptical noticed the difference in his behavior. Even friends and family we only saw a few times a year commented on how much he had calmed down. Its not always easy finding foods he can eat, its more expensive and takes more planning but it has been so worth it to see my son thrive in a high-ability classroom!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Amy Norris
Yorktown
IN
47396

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Child, age 8

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All numbered food dyes cause reactions.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Extreme anger (Dr. Jekyll and Mr. Hyde effect), become defiant, irrational, then weepy, highly emotional, anxiety.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Became even-keeled, happy to help and obey, less anxiety over situations, in control of emotions.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Can be as little as minutes, but can take as long as a day to see effects, depending on the amount and type of exposure. Food dyes with artificial flavors would likely cause a quicker reaction.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Moderate

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Somewhat difficult

In general, I support banning food dyes or requiring a warning label on foods containing them because:

They are extremely harmful to some children - not many people are aware of the issues food dyes can cause. A warning label would increase awareness and help families.

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Mary-Carolyn Longbrake
Lynchburg, VA 24502

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

I do not have specifics about my children and reactions to food dyes because I have not been able to successfully remove them from their diets to determine the effects. Unfortunately it is too difficult to do that because of the wide spread use of these chemical additives. I do have children with learning disabilities, ADD, sleeping difficulties, and food allergies, and although I do not have "proof", I do believe that our food supply has some responsibility for their ailments. Removing as many of these additives as possible is the best way to ensure the health and wellbeing of our children/population.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Kathy Tenzer
Martinsville
New Jersey
08836

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:
11 yr. old male, Son

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

Red 40

Orange B

Yellow 5

Blue (unknown)

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Our son will go from a very intelligent, well spoken, somewhat calm, 11 year old who can act in a proper manner for any occasion to....non stop talking about random topics, skipping from topic to topic without finishing his previous sentence. He finds it hard to sit still without shaking his legs or messing with things with his hands. He can not focus on another person speaking to him. He stares past you or constantly looks around. He has major mood swings which cause very dramatic over reactions to what would be a normal prompt. i.e. i might say put your toys away for dinner and where as he would normally say yes ma'am and do so....if he had consumed something with color added he would lay on the floor and sigh real big, talk back, continue with the activity, and act like he did not hear, or argue for more time.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

He is able to stay more focused, does not have a need for scheduled breaks during normal school day, can interact appropriately with other peers and teacher, is able to focus on work or task at hand. Stays in his own personal space and does not need prompts to help him through the day.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:
Depending on the amount of the food dye, Anywhere between min. and 1 day.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):
Severe.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Very! Everything now a days has to be bright and eye catching. I find it so hard to find products that don't have nasty color added just so our son can have a good snack food or side for a meal. Heck, sometimes even the fish I find at the store has color added.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

Every person deserves the right to know what they are buying can cause adverse side effects in there children and themselves. I push for banning all dyes.

Additional information I would like to share:

Simply put..... It is very sad to see a child that is scattered, and you know there is nothing that can help them but time.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Angel Miller
Austin
Texas
78759

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

My son, currently age 6, was first affected by synthetic food dyes after he turned 3 years old.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All synthetic food dyes have caused reactions in my child, with the worst being from Red 40.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

My child used to consume these synthetic food dyes on a regular basis over 3 years ago. When he turned 3, he started having severe reactions from the food dyes. His behavior at daycare and home was affected. At daycare, he was having trouble listening to his teacher's directions, he was getting angry, he would hit, kick, and push other children almost daily. On a few occasions, it was so bad that he hit another child's head against a brick wall and threw a chair at his teacher. For several months, I was receiving 1-3 daily write ups regarding my son and his behavior issues. When at home, my child was having several meltdowns or tantrums daily. He struggled to sit still, focus on things, and listen to my directions. He would hit, kick, and try to fight me all the time. On a few occasions, he would direct his negative behavior on our pet cats and smack them, prompting the cats to attack him back. At bed time, for the 3 months after he turned 3, he had repeated night terrors every night, some lasting for over 30 minutes and occurring every 1-2 hours.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

After doing extreme research, I found that cutting out synthetic food dyes was a great way to help improve his behavior. I proceeded to cut them out of all our food, spending over 2 hours reading every ingredient list found in my home. After about 2 weeks, my daycare teacher came up to me and asked what happened to my son. I didn't know what she meant at first, but she told me how his behavior problems had almost disappeared. His teacher said it was like he was a new kid. I stopped receiving daily behavior reports from his daycare and only received one here and there, about 3-4 a month, over the next year and a half. At home, his behavior started improving with less kicking, hitting, and fighting towards me. He started acting nicer to the cats and started to play with them instead of hitting. During the night, his night terrors stopped occurring daily and were noticed roughly 5-6 times a month.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

I would say my child's reaction time could be anywhere from 30 minutes to 2 hours, depending on which synthetic food dye was consumed.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

My son had severe reactions to all synthetic food dyes.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Since my child was still young, I found it was quite difficult to avoid synthetic food dyes. I found them in so many food items, in his prescribed medication, and in provided food his daycare gave him. I had to spend 2 months re-learning what foods we could buy for our home, convincing his pediatrician that he had reactions to the food dyes, and getting documentation to support my child's reaction so his daycare stopped giving him the food. With that documentation, I had to teach the daycare teachers how to spot the dyes on ingredients label and disclose to the pharmacy to not prescribe medicine that contained dyes. Finally, I had the biggest challenge of all, to teach my son, at the age of 3, to ask people who gave him food if it had dyes in it. I also had to teach him to know he was allergic to them, inform people of this, and to not accept the food.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

In general, I support the complete banning of synthetic food dyes as they are horrible for people to eat and use on their bodies. They have been linked to cancers, tumors, behavior issues, misdiagnosis of ADD or ADHD in children, emotional problems, and hyperactivity. Synthetic food dyes are made from petroleum-derived substances, which most people don't even know. In the few people I have informed, I have found that they are shocked to know their food is made with the same chemicals that produce the gas used to drive their cars. I honestly don't think a warning label is doing enough to help out; a complete ban of these dyes would help people have healthier, happier, and longer lives.

Additional information I would like to share:

Look at the comparison for our health to that of Europe, where synthetic food dyes are banned.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Brenda Halsted
Sun Prairie
Wisconsin
53590

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

*I have observed two generations of children affected by food dyes: my three children (now adults) and now Grandchildren – Age 11- 3. I also have taught for **40 years** as an Early Childhood teacher (ages 4-8) in public and private schools.*

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All the above, ie. any artificial colors - especially red, yellow and blue. (And as you know orange is red/yellow combined, and green is yellow and red combined.)

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Despite consistent, positive parenting, it's an almost immediate reaction of personality change – from normal age appropriate behavior, to out-of-control behavior, aggression, poor attention (ADHD characteristics), poor social skills, inappropriate language, short attention span, irritability, and uncharacteristic crying (for no obvious reason.) I have first hand experience observing children and now other teachers report my grandchildren lacking focus and concentration and “wiggly bodies” on days following dye consumption. One recent example was a family member didn't think it would hurt to allow the 6 yr old male to have one treat after trick-or-treating. The child consumed one small individual pack of Milk Duds. Within minutes the child changed behaviors that lasted three days. It was the only candy he ate...as he gave all the rest of his trick-or-treating candy to his parents for trading for “All Natural” treats. When my now adult son was in elementary school we would take him to Dairy Queen for a reward for a major school or sport accomplishment. Within 20 min he would come home and run wild in our house, banging his head against the wall. He couldn't stop this behavior for hours even with adult support.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

The children's personalities would maintain constant and predictable with appropriate social skills and activity level.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

10 -20 minutes.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

It varies from child to child. The one 6 yr old that I have the closest contact with now has severe reactions that last for days.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

*It is **extremely challenging** for adults and children to avoid synthetic food dyes. Every label of items purchased has to be carefully read before purchasing and/or consuming. Labeling varies from "No artificial flavors or colors...but "annatto color added." Hard to know exactly what the added coloring means. Much research goes into a family outing to a fast food restaurant for a "dye free food experience" when the menu and ingredients frequently change. Travel (restaurants/airplanes) and meals at a relative's home – or another gathering with "pot-luck" food is stressful when you can't assume dye free food has been used to prepare a meal or snacks. Most breakfast cereals/bagels/yogurts contain dye. Schools are a plethora of food dyes as teachers use small treats for incentives and rewards that are often bright red, blue and yellow (think Gummy Bears), "Popcorn Fridays" contain yellow dye... and every child's birthday party contains cake/cupcakes/cookies/drink boxes filled with artificial colors/dyes and flavors. It is so hard for a 6 yr old to refuse all treats at schools and birthday parties even if he doesn't like the way dyes make him feel. Feeling "out of control" and angry for days result in consequences for behaviors he can't control. Every holiday is treat based: Christmas=red dye candy canes. Easter=yellow/blue dye marshmallow chicks and other candy. Valentines Day= more red dye and dye filled candy. Halloween=nearly every candy given out for treats contain artificial dye and flavoring. Camping/4th of July: S'more, hot dogs/buns, cookies, etc. are filled with dyes. Even donuts on Sunday after church have to be refused as they contain dye.*

In general, I support banning food dyes or requiring a warning label on foods containing them because:

dyes are unnecessary and are damaging the bodies and brains of all consumers, especially our children.

Additional information I would like to share:

Eliminating food dyes can't happen fast enough. Thank you for your research.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Donna Koehneke
Salem, Oregon 97304

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: **My daughter Hayden, 10 yrs old.**

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **For sure Red 40, Red 3 and Citrus Red 2, but I am not positive on the others.**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: **She starts vomiting and has stomach cramping with diarrhea**

Examples of what happened when the person(s) described above avoided synthetic food dyes: **Any time she has food, drinks, or medicine with red dye she will vomit and have diarrhea**

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **Within 4-6 hours**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **I categorize it as severe because she is in a lot of pain and distress when she consumes it.**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): **VERY VERY DIFFICULT!**

In general, I support banning food dyes or requiring a warning label on foods containing them because: **They are in everything! It would bring awareness to the general public just how much synthetic dye is in every single type of food, drink, and medicine they consume.**

Additional information I would like to share: **Every year more and more children are becoming intolerant of dyes. They cannot protest or fight for change but we can. We need to clean up our food of these ridiculous additives and start expecting some higher standards of quality for our children because they are worth it. Children are worth the change, big food companies do not need to make any more money off hurting them.**

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Michele Palmer
Moscow, ID 83843

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: Joseph Guhl, age 12, and I am his mother:

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All artificial dyes cause symptoms in my son. My son has had respiratory problems, attention issues and behavioral issues when exposed to synthetic dyes. Prior to eliminating these dyes he had chronic cough and runny nose was on daily allergy medications. He was always sick with bronchitis, pneumonia and ear infections. Since eliminating these artificial dyes my son has rarely been sick and no longer has the cough, runny nose or respiratory symptoms. When exposed to artificial dyes he has difficulty focusing. When we first noticed the sensitivity to artificial dyes the difference was so marked it was the difference between him at 3 1/2 years old reading to us and with us and him not being able to focus enough to even know what the book was we just read to him. He is twelve now. When exposed to dyes now, his reaction appears by a return of his inability to focus, making multiple mistakes and struggling to complete school work. You can actually see a change in his handwriting and his teachers are able to see the difference in his school work. When not exposed to artificial dyes, he completes his school work quickly and is focused on the tasks he has at hand. He is a good student and does not have any behavior issues. When he is exposed to artificial dyes, it is difficult for him to control his emotions and behavior. My son found his inside voice when we removed artificial dyes. He could suddenly hear the warnings we gave him on his behavior and he could finally choose to correct his behavior. Before we removed artificial dyes from his diet he was in the time out corner 4-5 times a day. We removed artificial dyes from his diet when he was 3 1/2 years old. He has been in the time out corner less than 4-5 total since removing the dyes. That is total times in a 9 year period. The little boy who struggled with his behavior was suddenly able to control his behavior and both he and our family were so happy with the changes.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

The reactions occur within 1-2 hours and can last a minimum of 3-4 days if not longer before all his symptoms resolve. Up to a week of symptoms is typical.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

I would characterize the reactions as severe. I believe my son would have been diagnosed with both asthma and ADD if we had not removed artificial dyes from his diet. He was struggling with chronic respiratory problems, behavioral problems and attention problems. Without the artificial dyes he is a well adjusted, well behaved, a good student and really a great kid.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

My son often has to go to parties and activities and not partake in any of the food offered at the activities. He knows how badly he feels if he were to eat food with artificial dyes, so he goes without. He has told me multiple times that he wished he could to Europe where they do not allow all this junk in food that makes him sick. The European Union requires warning labels on food that has artificial dyes in it and most manufacturers make versions of their food products without artificial dyes for these European countries.

In general, I support banning food dyes or requiring a warning label on foods containing them because: these substances serve no purpose in our food products and cause many problems for children like my son as I have stated above. In addition many of them are known carcinogens. These artificial dyes serve no nutritional purpose and do not belong in our food. Please ban these artificial dyes!!

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Amy Miller-Guhl
Elm Grove
Wisconsin
53122

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Son, 16 and myself

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

We avoid all of them. They are all petroleum-based and they all cause problems.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

seizures & tics, behavioral and emotional issues - hyperactivity, aggression, anxiety

Examples of what happened when the person(s) described above avoided synthetic food dyes:

We no longer experience any of the above symptoms. We avoid all petroleum-based food additives (flavors, colors and BHA, BHT and TBHQ)

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Almost instantly, my son's eyes would dilate and rages, uncontrollable behaviors would occur. It has been 10+ years since we have had exposure, but with regular exposure as a young child reactions were very instant.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

severe - I believe his seizures were caused by artificial ingredients. My biggest connection was his seizures occurred after cupcakes at daycare or Kraft macaroni and cheese at home, severe aggression occurred within seconds of eating spongebob krabby patty gummy, it was like a switch from perfect behavior to punching, hitting and licking me all at the same time and his eyes were hugely dilated.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Not difficult at all when we are at home and I can buy and make meals from fresh, whole ingredients, but very difficult (next to impossible) out in public where I can not control ingredients.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

I truly believe our kids are suffering, there is so much uncontrollable bad behavior in young kids, there is unthinkable violence in older kids and adults. There is a steady rise in diseases like cancer, diabetes, gut issues, and mental illnesses, etc. I really believe that these ingredients (in addition to others) are poisoning us on a daily basis. Our bodies do not know how to process these chemicals out and for some of us it results in hyperactivity or outward expression of a problem and for others the damage is being done internally in the form of disease. Either way these ingredients are not food and should be removed.

Additional information I would like to share:

Please remove unnecessary chemicals from our food. Our children and future generations need us to do better. The food that children eat daily and at school should help them be their best not sabotage them. I can fix this for my family at home, but someone needs to help all the children out there that rely on school lunches and government assistance.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Michelle Palmateer
Vancouver, WA 98662

February 5, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Conner, age 8, my son

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

all of them

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Prior to starting the Feingold Diet, which eliminates all artificial colors, among other things, my son was irritable, disrespectful, moody, emotional, and we walked on egg shells all the time. It was so bad that I did not want to be in the same house as him and I cried every day because I did not like my son.

My son had been on the Feingold Diet for approximately 6 weeks, so he had detoxed from the effects of the artificial ingredients, when he snuck some Valentine candy hearts last January (2018). Initially, he was just a little off. By the next day, he was irritable and moody. By the following day, he had an hour-long meltdown where he was throwing things, attempting to hurt his sister, saying he wished he had never been born, and was hyper-ventilating. My husband and I were considering calling the crisis hotline before he calmed down. I had to call the doctor in the morning and she offered to put him on a psych med and made me call the school to tell them he cannot be left alone because he was expressing that he wished he had never been born.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Since eliminating artificial ingredients, my son is much happier, more emotionally stable, has cut his ADHD medication dose in half, has not had any more meltdowns, no longer attempts to hurt his sister, and his verbal and motor tics have disappeared.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **several hours to a couple days**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **moderate to severe - enough to make us go to great lengths to avoid them**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): **Very difficult and only possible because of Feingold, which puts out a list of approved food and household items and offers a support group. When I tried to eliminate artificial colors on my own before starting medication, I quickly gave up because even my white hand soap and the kids' toothpaste had dyes in it. I felt too defeated to continue trying.**

In general, I support banning food dyes or requiring a warning label on foods containing them because: **too many children are ending up in psych hospitals when food is most likely a major**

factor and parents don't want to hear it because it is too hard to live without these dyes. As a healthcare professional, I did not believe any of this until I tried it out of desperation.

Additional information I would like to share: **It's not just the dyes, but that's a good start. It's also all of the things Feingold eliminates.**

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Kimberly Smith
Springfield, PA 19064

February 6, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

My daughter Kiley Schmitt, age 11, and Griffin Schmitt (12) are affected by synthetic food dyes.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All above! Red 40 creates inflammation in her already inflamed brain. Creates rage and emotional outbursts to where her safety is a concern. My son Griffin Schmitt (12) was take off 4 allergy medications once we took food dyes out of his diet over 3 years ago! (within a months time!!)

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Griffin was on 4 allergy medications from inhalers to pills. Kiley would rage so bad, we would have to protect her and keep her safe, her rages would last for an hour or more!

Examples of what happened when the person(s) described above avoided synthetic food dyes: see above...

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: unsure

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): IT's work but completely doable!

Schools make it difficult! Birthday parties, etc.. just have to be prepared!

In general, I support banning food dyes or requiring a warning label on foods containing them because: They are chemicals that our brains clearly don't need whether you react or not! I have not eaten any dyes in anything that I am aware of in 3 years! I can taste the chemicals now if I have something with it! nasty!!!

Additional information I would like to share: My

blog: https://weekonetopeace.blogspot.com/2016/?fbclid=IwAR0k2gP3gscgyX2vW4cVO_VkR48p0Xo2xN4zEpQVfh0LN-kkJ6edQut-V48

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Dawn Schmitt
Coatesville, PA

February 6, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:
Brooks McDonald 8 years old, my son

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **All Red, Yellow, Blue, Orange.**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: **Uncooperative, dilated pupils, aggressive, inpatient.**

Examples of what happened when the person(s) described above avoided synthetic food dyes: **Calm, pleasant to be around, not as 'angry'.**

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:
To occur- maybe 45 minutes?

I would characterize the reactions in the person(s) described above as (*e.g.*, mild, moderate, severe):
Moderate

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (*e.g.*, not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): **Very difficult**

In general, I support banning food dyes or requiring a warning label on foods containing them because:
They are harmful to humans and should not be allowed in foods.

Additional information I would like to share:

Brooks is diagnosed with Auditory Processing Disorder, and he is most effected by the dyes than my other 2 children.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Kristen Mcdonald
 Canton, GA 30015

February 6, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: **Aaron Webb 17, Aubrey Webb 22, Juliene Webb 44**
My son, my daughter, and myself

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: We react to all of them. **I have seen the biggest reactions to Red 40, but that is probably because of the amount of Red 40 in something to make it actually turn red.**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: **extreme hyperactivity, inability to stay on task, migraines, violent behavior**

Examples of what happened when the person(s) described above avoided synthetic food dyes: **Much calmer, happier, more focused.**

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **within minutes, but the effects can take days to wear off**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **Severe**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

In general, I support banning food dyes or requiring a warning label on foods containing them because: **How many people are there who have no idea that these food dyes make ADHD symptoms worse? Sometimes significantly worse?**

Additional information I would like to share: **I was very fortunate to have discovered the correlation between food dyes and my children's behavior when they were young. It has been life changing for us.**

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Juliene Webb
 Pflugerville, Texas 78660

February 6, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue. Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: **Sierra Yanes (age 8); I am her mother.**

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **Yellow 5 and Yellow 6. We have since avoided all dyes, so it's possible she reacts to other colors, but we KNOW that yellows cause a specific reaction.**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: **She was diagnosed with Level 1 Autism before we stopped using artificial dyes (her qualifying behavior has largely disappeared without exposure). When exposed, Sierra gets easily overwhelmed and reacts with extreme anger, especially when other people do not follow her "script" (she predetermines how people are supposed to respond to her (but does not tell anyone) and if they do not act as she anticipates, she has screaming meltdowns, throwing toys, telling parents to get leave the house, intentionally mean to our cats, etc... This behavior is very characteristic and it's very obvious to us when she has been exposed to yellows. Also, she wets and defecates in her pants for up to 3 days following exposure.**

Please understand that my daughter is generally a very sweet and loving little girl. She still has a few behavior quirks (hyper and inattentive), but she is not generally angry without exposure to artificial yellows.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

We were unable to potty train our daughter until we stopped purchasing products with artificial dyes (she was approximately 5 years old). Once, when she was 3 or 4, I walked into her bedroom to find her smiling and happy. I said something like "good morning princess" instead of "I love you" (or something like that) and her facial expression immediately changed to one of anger, she started screaming that she hates me and throwing her toys at me demanding that I leave the house. This lasted for approximately an hour, but her anger after exposure often lingers for three days with multiple reasons for flares. Another time, in approximately July of 2017, we had been off dyes for about one year and all was well, but we went camping and my husband gave her a doughnut he purchased at a gas station. It obviously had yellow dyes in it, based on her behavior. She became very oppositional throughout the entire camping trip (screaming, yelling, ect...), she soiled her pants over 5 times a day for the next three days, she tried to run away (she was 6 and we were camping 4-5 hours away from home in a strange area near a state prison – scary!). We ultimately abandoned our camping trip 2 days early due to her behavior. My daughter was kicked out of two preschools and her third wanted her "tested for whatever was wrong" with her before we stopped using artificial dyes. I was seriously concerned that psychiatric placements were in our future before we got a handle on her diet.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **It has been awhile, but after consuming yellows, I recall that her behavior would change within 30 minutes of consuming artificial yellows and would last up to 3 days or more.**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **Severe**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): **Not difficult – she knows she does not feel right after eating artificial yellows and won't knowingly eat anything that contains any artificial dyes.**

In general, I support banning food dyes or requiring a warning label on foods containing them because:

My daughter's behavior change is so strikingly obvious, it's impossible to believe that the problems affecting our young people today are not at least partially related to food. I was a CPS Social Worker in California for 9 years and am currently a Probation Officer in New York. I have an MSW from Fresno State College. I regularly work with violent people and have seen the upward trends in violence towards other. I am convinced that our tainted food supply is at least partially to blame. The problem is that adults who have not personally experienced this phenomenon do not believe it is true. Even I doubted it until I saw it first-hand and my daughter's behavior has convinced everyone else who knew her before we began eliminating the artificial dyes.

Additional information I would like to share: **I am sure that I have left quite a few things out. Feel free to contact me with any questions. If you are calling by phone, please remember that NYS is 3 hours behind California, so if you call at 6pm, it's already 9pm here.**

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect families and their children.

Sincerely,

Kelly Yanes
Grand Island, NY 14072

February 6, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: I've noticed the effect that artificial dyes have on my 12-year-old son since he was 2 years old. After learning that artificial dyes are formulated using petroleum and that they are a neurotoxin, I removed them from our family's diet. I found I also react to dyes.

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: We generally stay away from all of them in attempt to avoid ingesting petroleum.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: My son became hyper, aggressive, and moody after consuming dyes. No one wants to be around him for at least 24 hours afterward. This was especially difficult before we learned about the effect of dyes on him when we gave him **children's medicines containing dyes.** Here he was sick, and then you add dye, and he became not only irritable from being sick but also hyper and aggressive. It was awful. Why would the medical community prescribe medicines that are supposed to help children feel better knowing they have dyes that make them go wild when they need to be resting?!

I've noticed that when I have slipped up and ingested something with dyes myself, I regret it because I have a horrible headache that lasts all day despite NSAIDs.

Examples of what happened when the person(s) described above avoided synthetic food dyes: Life is definitely more manageable when we don't have artificial dyes in our system.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: Pretty quickly -- an hour or less

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): Severe for my son, moderate for me.

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): At first, avoiding artificial food coloring was hard (ca. 2010). I found food dyes in everything -- even frozen vegetables and salmon, which you wouldn't expect. We couldn't eat at some Mexican restaurants because they used dye in their chips and tortillas. My child couldn't have popsicles. Almost everything his classmates gave him with a treat for Valentine's Day has to be tossed. No wildly colored frosting on birthday cupcakes his friends brought to a party or school. No sprinkles on donuts or cookies. And finding dye-free medicines has been extremely difficult. Today, there are more options, and we are used to avoiding dyes, but it's still hard.

In general, I support banning food dyes or requiring a warning label on foods containing them because: No one needs artificial dyes, which are a health hazard. As society clamors for more inclusivity and justice, we need to remember those who are insensitive to artificial dyes. Especially when it comes to medicines, please consider those who can't tolerate artificial colorings.

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect families and their children.

Sincerely,

Holly Ambrose
Coral Springs, FL 33071

February 7, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Both of my boys are affected by synthetic food and other artificial dyes. My oldest son is 8 with ADHD and my youngest son is 5 with Mast Cell Activation Syndrome (MCAS).

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

I am not always sure of the exact color when it has caused a reaction but one occurrence I can recall was the red wax from the Baby Bell cheese. My oldest son ate it as a dare at school, just a nibble.

My youngest son took some trial and error to figure out that artificial dyes were contributing to his symptoms.

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

My oldest son experiences behavior issues. He has meltdowns that he can't control. He says mean things, does mean things, becomes off the wall hyper. The day he consumed the red wax- he was going to kill us with a Nerf gun.

My youngest son experiences physical symptoms due to his MCAS. He will have swelling of the face and lips, joints, feet, ears, hands, and his body will become covered in hives. We call this a full flare. He has had a few hives when he has gotten paint or marker on his skin that we couldn't get all the way off.

Examples of what happened when the person(s) described above avoided synthetic food dyes: Both of my children live much healthier, happier lives...as you can imagine!

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: For my oldest, it can be anywhere from 30 minutes to 2hrs. For my youngest, it can be anywhere from 1 hour to 2 days.

I would characterize the reactions in the persons described above as (*e.g.*, mild, moderate, severe):

Oldest son: moderate to severe

Youngest son: Severe

I would characterize the difficulty for the persons described above in avoiding synthetic food dyes as (*e.g.*, not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Very difficult. It's a whole lot of work.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

I see first hand what it can do to kids and adults. My husband is also affected and avoids them as much as possible. Why is the US so far behind on our ways of protecting our people? I can't even trust taking my children to a hospital, knowing that they will have dyes shoved in them at every angle, making them sicker. I'm not alone in this. Many children are showing the affects of what we've done to our food. They are our future. They are going to be a sick nation if we don't make changes now!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect families and their children.

Sincerely,

Jennifer Receveur
Mt. Washington, KY 40047

February 7, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

My Daughter Savanna Cole, age 5

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All of these synthetic food dyes trigger my daughter!

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Almost immediately after consuming any foods with these dyes she turns aggravated, irritated, irrational angry, physically violent and extremely upset. She cries, screams and nothing seems to help her regain her self control back. She has crawled around mumbling, talking irrational, acting like a wild animal. It is scary and sad to watch and completely mind boggling that this is put into our food.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Behavior is opposite. She is kind, caring, loving, healthy and happy.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Almost immediately

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Extremely difficult, the dyes are found in so many foods. Schools serve them, baseball games, fairs etc. It is so difficult to explain that there is poison in our foods to my daughter.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

They are extremely dangerous and unnecessary!

Additional information I would like to share:

Please ban this poison from our food and prove to my daughter and other citizens that our Government does care and does try to protect its citizens from unnecessary harm.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Bridget, Travis, Sierra and Savanna Cole
Star, ID 83669

February 8, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: Owen Wist, 13, son

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: All of the above

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: mood changes, ADHD behavior, sinusitis, trouble sleeping

Examples of what happened when the person(s) described above avoided synthetic food dyes: total elimination of symptoms

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: 3 days

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): very difficult

In general, I support banning food dyes or requiring a warning label on foods containing them because: they are not good for anyone. Our bodies are not made to handle petrochemicals in our food.

Additional information I would like to share: We have had an awful time avoiding dyes in school settings!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Julie Clement-Wist
Deposit
NY
13754

February 10, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

Ezra Green, 8 years old, mother

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **Most likely, all of them do. I know for certain, Red 40, Yellow 5, Yellow 6, Blue 1. At this point we don't do any food dyes of any kind anymore, so I am unable to speak with certainty on the others.**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

He lashes out in rage-filled, angry fits (bites, hits, kicks, etc.). He is highly disagreeable. He expresses anger, but is unable to express sadness. Isn't able to engage in play with friends.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Within 36 hours of eliminating ALL food dyes, he was a completely different child. Likes to play with others, something he never wanted to do before. He can have conversations without just disagreeing with everyone. He is sweet, does not lash out in anger or use his body to hurt others. He is funny, and a total joy to be around.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

15-30 minutes.

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

This is a tricky question. As a family (out of solidarity sake), we have all totally eliminated food dyes since 2015. This is difficult as a parent b/c it requires us to monitor a lot and cook a lot from scratch, which is time consuming, and even moreso, very isolating. He was 5 when we eliminated all dyes, so he doesn't really remember otherwise. I am sure there is a HUGE emotional toll for him though that this plays on him b/c it means at every birthday party he is not able to eat the cake, the candy from the pinata, etc. On Halloween or Easter he isn't allowed to eat any of the candy. At swim meets, he can't drink the gatorade that everyone else is drinking, etc. Food dye is EVERYWHERE!!

In general, I support banning food dyes or requiring a warning label on foods containing them because:

It will bring awareness to the consumer. And, my deep down real hope is that maybe the companies in the USA who use food dyes will have a similar response to their counterpart companies in Europe with labels and eventually eliminate using food dyes in exchange for health!

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Abby Green
Tucson, AZ 85711

February 11, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: **Name: Barrett, Age: 6, Relationship: Mother**

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: **All synthetic food dyes**

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: **Behavioral issues including: aggression, mood swings, hyperactivity, irrationality, inability to concentrate, meltdowns, crying spells, irritability, sleeping problems**

Examples of what happened when the person(s) described above avoided synthetic food dyes: **He is calm. He has self-control. He becomes reasonable. He can focus. He sleeps through the night. He doesn't have meltdowns and crying spells. He does well at school. He is a happy child.**

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: **Within a few hours**

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): **Severe**

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): **Very difficult**

In general, I support banning food dyes or requiring a warning label on foods containing them because: **YES- MOST DEFINITELY! I see the problems these dyes have created for my son and I can only imagine that other children and families are going through the same thing.**

Additional information I would like to share: **In addition to behavioral issues synthetic food dyes have presented major obstacles for my child's health care. Doctors do not believe that this issue with food dyes is a real thing. I am told that there is no research to support my findings. This also presents a problem when medications are prescribed for my son. These artificial dyes are in the medications/antibiotics we give our children to get well. It can be challenging to find over-the-counter medications that are dye free as well. These dyes have made it very difficult for my child to enjoy the everyday things that kids enjoy (birthday parties, restaurant outings, holiday activities, family gatherings, snacks, school activities). My child is in kindergarten and this has been a difficult first year of school due to food dyes. Our public**

school system serves food which contains synthetic dyes. They have snack time everyday with snacks that may or may not contain food dyes. They have special snacks depending on what they are learning which always contains food dyes. They have special events where the food served contains food dyes (breakfast with the principal, award ceremonies, rewards for completing certain tasks, PTA provides special snacks, first responders provided snacks, holiday parties, treat exchange with classmates). I have also had to provide the school nurse with his own over-the-counter medication (Tylenol, Motrin, Benadryl) in case of an emergency.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Meghan Richardson
Gulfport
Mississippi
39507

February 11, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them:

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above:

All dyes and reacts to topical products as well, such as hand soap

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes:

Sensory seeking behaviors, dysregulation

Examples of what happened when the person(s) described above avoided synthetic food dyes:

Helpful, sweet, focused on learning

In my experience, after consuming food dyes, the time that it takes for reactions to occur is:

Within 15 minutes and lasts up to two days

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe):

Severe

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know):

Our whole life revolves around trying to avoid artificial flavors, colors, and fragrances while raising a child. We always avoid dyes, but because of this the child feels excluded during peer gatherings which revolve around food, embarrassed, and different from his peers.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

They are completely unnecessary and they have had a huge impact on the increase in behavioral diagnoses in children. Giving them to children who have no say in the matter is an abuse of power.

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHA's continued efforts to protect families and their children.

Sincerely,

Dr. Emily Marsick
Harvard, MA 01451

February 13, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

I would like to report on:

Laura, age 47, self
Jacob, age 19, son
Andrew, age 15, son

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and / or Orange B.

Laura – Red 40
Jacob – Red 40 mainly.
Andrew – Red 40, Blue 1 and Yellow 5 and 6

Examples of what happened when the person above consumed foods containing synthetic dyes.

Laura – My hands shake really bad and I get a headache right over my eyes. The pain is so bad that it hurts to open my eyes.

Jacob – We started noticing reactions when he was 3 after eating 8 Swedish fish for dessert. He threw a fit over the wrong bath towel. He would get very angry, throw things and sometimes curl into a ball and not respond to anyone. He would have mood swings. He also had the symptoms of ADHD. He was always on the move. Couldn't sit still to read a book. He had trouble focusing in school. School was where most of the behavioral issues arose because he could not sit still or pay attention. He was a distraction and everything distracted him.

Andrew – His reaction from the dyes listed above was from medication. It affected his ability to fall asleep. He would cry and holler. He wouldn't stay in his bed. Especially when the doctor added an extra dose. We found out the medicine contained red 40, Blue 1 and one of the yellow dyes.

Examples of what happened when the person above avoided synthetic food dyes:

Laura – No horrible headaches and the hands were calm. No more shaking.

Jacob – Not mad at the world anymore. Didn't throw things in anger. His 4th grade teacher said, "What behavioral issues?" That definitely makes a mom happy to hear. He could sit still long enough to read a book at night in first grade.

Andrew – He would be able to fall asleep at night quietly without the crying.

In my experience, after consuming food dyes the time it takes for reactions to occur is about 15 minutes to an hour.

It would also take about 3 days for the reaction to leave my son, Jacob. He was absolutely horrible for 3 days and then I would get this great kid back. It was well worth taking the dyes out of our diet.

I would characterize the reactions in:

Laura – mild

Jacob – moderate to severe

Andrew – mild

I would characterize the difficulty for person(s) described above in avoiding synthetic food dyes as:

Laura – not difficult at all

Jacob – not difficult at all – he learned how to say no to the bad food at an early age

Andrew – somewhat difficult – because it was hard to find dye free medicines and still is very hard to find them for the medicines he needs.

In general, I support banning food dyes or requiring a warning label on foods containing them because:

We are hurting our children! They can't learn if they can't focus or sit still. Too many kids are diagnosed with ADHD or ADD and then put on medicines that contain the same horrible dyes that their food does. What good is that! Most people are unaware of what is in their food. Maybe if they knew, then they would see the connection to the horrible behavior of their children.

Thank you for the opportunity to provide information on this important issue. I appreciate OEHA's continued efforts to protect families and their children.

Sincerely.

Laura Kreger
Fayetteville, WV 25840

February 14, 2019

I am writing to the California Office of Environmental Health Hazards Assessment (OEHHA) to provide information regarding my experience with exposure to and the neurological and behavioral impacts of synthetic dyes in foods. I appreciate OEHHA's consideration of this important issue.

Name of the person affected by synthetic food dyes (optional), their age, and my relationship to them: My son, age 8 has difficulty with synthetic dyes

The requested information concerns reactions to Red 40, Yellow 5, Yellow 6, Blue 1, Blue 2, Red 3, Green 3, Citrus Red 2, and/or Orange B. Which of those synthetic food dyes trigger reactions in the person(s) described above: All of the above trigger a reaction

Examples of what happened when the person(s) described above consumed foods containing synthetic food dyes: When my son consumes synthetic dye, he becomes excessively hyper.

Examples of what happened when the person(s) described above avoided synthetic food dyes:

When I cut synthetic dye from my son's diet his ADHD symptoms decreased by around 10% with no other interventions. After he had been off of dyes for about a month, he had a cold and I gave him some medicine with red dye in it thinking that ½ tsp wouldn't really have that much impact. The next day at lunch he was so hyper and his eyes so unfocused and roving that I pulled him out of school and ran him up and down the playground just to calm him down enough to finish the school day. We have had similar reactions when a bit of dye slips into his diet.

In my experience, after consuming food dyes, the time that it takes for reactions to occur is: 3-8 hours

I would characterize the reactions in the person(s) described above as (e.g., mild, moderate, severe): moderate

I would characterize the difficulty for the person(s) described above in avoiding synthetic food dyes as (e.g., not difficult at all, somewhat difficult, very difficult, they don't avoid synthetic food dyes, I don't know): difficult. Food labels have the information I need, however when we eat out, I always ask if I suspect dye (brightly colored ice cream, very white food (which usually has blue dye), etc) Almost always the employees don't know if the food contains dye and rarely have an ingredients list to find out. This is very difficult for a little child who would like to have a treat and just enjoy life without having to do research between each bite. It is also very difficult as parties (friends, school, scouts) usually have treats with some dye in them somewhere and you're the only kid who can't eat that. Or your mom scrapes the bright colored frosting off so you can eat the cake part.

In general, I support banning food dyes or requiring a warning label on foods containing them because: Consumers have a right to know what is in their food and make an informed choice. I would like it to be easier to find out what is in food served at restaurants.

Additional information I would like to share:

Thank you for the opportunity to provide information on this important issue. I appreciate OEHHHA's continued efforts to protect families and their children.

Sincerely,

Marta Northcutt

Orlando, FL 32832